

# What People Do to Live Healthy

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# RIDING A BIKE

Some people ride a bike to make their leg muscles strong.



# HEALTHY SNACK

Some people eat candy, chips, and chocolate for snacks. People should eat fruits.



# PUSHUPS FOR STAYING STRONG

People do push ups to make their arm muscles strong.



# HEALTHY EATING

People love to eat junk food for example burgers, wings, and cheese fries. People should eat more healthy foods like salads.



# RUNNING

People run to exercise their muscles.



# YOGA

People do yoga to relax there muscles.



People do many different things to exercise.

Exercising is good for living a healthy life because it keeps your body in good shape. Another reason is that it's good for your muscles, it makes your muscles stronger. I interviewed one of my teachers, Denise Rickles, on what she does to live healthy. She says, "I do yoga routines and pilates core work and push ups."

Eating healthy is really good for living a healthy life. Everyone should always try to eat healthy by eating plenty of fruits and veggies.